



# ***BITS AND BYTES***

**ANGLICARE RETIREMENT VILLAGES  
COMPUTER CLUB INC.  
NEWSLETTER - JUNE 2022**



## **Corona Virus–THE GREAT ACCELERATOR.**

Corona Virus is now being referred to as

***‘the great accelerator’***,

not only because of its rapid infection pace and tragic loss of life but the many changes, in particular **digital changes**, which have seamlessly occurred over the past 2.5 years as a result of the Covid 19 pandemic.

Measures to constrain the virus intensified the use of digital technologies in all areas: - ***work, care, banking, shopping, social interaction, teaching, learning and medical assistance.***

Propelled by enforced lockdowns during the pandemic, many older people increasingly turned to technology. For many, there are mixed emotions regarding the use of everyday devices such as smartphones, laptops, e-readers and tablets. But for those who have persevered, the rewards and enjoyment are plentiful. Indeed, moving with various devices can help one experience ageing in a more positive and empowering way.

### **HOW HAVE CLUB MEMBERS DEVELOPED WAYS TO COMBAT THE DIGITAL CHALLENGES THEY FACE?**

- 1.They have viewed technology as a **personal goal**
- 2.They have used relatives and friends as **IT Support**
- 3.They have used our **Club Technicians**,

Russ and Don, to give them additional help and support.

- 4.They have enrolled in a **Be Connected Course** and continue to pursue sessions online themselves.
- 5.They are now seeking additional help from our new **Tech Mates**.

Exasperation for some, has been overcome in all sorts of ways. Some have been known to **NAME** their device/phone which helps bond with the technology. Indeed, a **little humour** in situations which can be quite stressful is very helpful.

Familiarity breeds confidence! We encourage members to stick with technology growth. If a touch screen is a finger problem, use a keyboard and mouse instead. The Club has many for you to borrow and use. Make an appointment to get assistance in any area which frustrates you.

Learning digital skills is crucial for seniors if they want to improve their quality of life. Falling behind on internet skills could have negative effects for seniors. For example, in the area of health care, more health appointments, services and products are migrating online, as many of us have experienced in the pandemic. We also know the key for our advancement is **persistence**. The Computer-Club is ready to assist in this challenge.

Rita, 84, didn't own a computer before the pandemic. 'My daughters bought it for me so that I could do online shopping instead of going to the shops myself,' she said. 'It took a bit of getting used to, but I'm a practical person and not scared of new things, so after I got the hang of it, I thought it was all rather wonderful'.

Syd Mathews, 85, is now 'enthralled' by the internet, whereas before the pandemic he had to ask his children how to turn his computer on. 'I was nervous of the internet before the pandemic,' he said. "I had never used Google or surfed the web. I'd decided, because of all the stories of scams you hear, that it was safer just not to get involved in that world at all. But when my local Probus meetings moved online during the pandemic and after some encouragement from younger friends, I began to explore and I must say, computers are marvellous!"



**Will the rain stop?**  
At the time of writing it has been raining for months! Time for a review of the excellent presentation by Lynton Bradford (2021) **'Our Essential Water Supply Hawkesbury River & Warragamba Dam**  
[View on our informative website arvrcc.org](http://arvrcc.org)



## DO YOU HAVE A MY-GOV ACCOUNT?

Your MY-GOV Account is your [link to Government Benefits- Medical Benefits, Centre Link, Vet Affairs, Aged Care & Government notices relating to Covid.](#)

This is **your private POST-BOX** with the Fed. Government. *With the increasing number of Aged Care benefits linked to technology communication, we **strongly recommend** every Anglicare resident who is **On-line**, opens a **MY-GOV Account**.* Medicare payments can be linked to your My Gov account.

Our Computer Technicians and Tech Mates can help residents make the decisions to get online and open a MyGov Account.

Make a booking and have a discussion as to how this can be set up.

**Phone 9899.7551**

### Thank you Anne Anderson

Anne from Glenhaven Green, has been a wonderful Committee member for many years but now wishes to spend time pursuing other interests. Thank you Anne for contributing so much to the life of our Club—training members, converting VHS tapes, Reception duties, compiling our Assets Register, distributing Bits & Bites at Glenhaven Green & your recent help with membership records. We are most grateful for all your many contributions.



## OUR NEXT GUEST SPEAKER

Tuesday June 7 .....1.30pm

MENZIES ROOM

BARBARA WARD



Barbara Ward is Deputy Mayor of Ku-ring-gai Council. She is the Founder and Director of Impact One. Her previous senior executive roles include the MD of Anglican Retirement Villages Foundation, San Foundation, Corporate Services Director NSW Crime Commission and OPSM. She is the immediate Past President of Australia Business Council NSW, Fellow and former President of Fundraising Institute of Australia and also sits on a number of corporate and charity Boards.

Barbara will talk about Nutrition for older persons. Volunteerism by older residents. The value this adds to society and to the mental & physical wellbeing of older people. Local Gov. initiatives for older people and ageism.

## THANK YOU VALERIE COUPLAND



The CC Club wishes to express sincere thanks to Valerie for her contributions over the past 8 years. These included Education Sessions and Saturday Morning Presentations. Thankyou for sharing your skills with our Club. We wish you well in your future community involvements.

## WHAT CAN OUR 2 NEW TECH MATES DO FOR YOU?

- Organise an email address
  - Help you use the internet
  - Help you with emails
  - Help you with Zoom for Guest Speakers
  - Help you with concerns about on-line safety
  - Help you establish a **MY GOV acct**
  - Connect **Medicare** to your My Gov account
  - Help you with online form filling
  - Help you with smartphone use, messaging, photos, emails
- Phone **9899 7551** to book 1 hr help

## A 'Guest Speaker' Team Member for 2023?

*Do you & your friends have ideas as to who you would like to have as an **ARVCC Guest Speaker**? Perhaps a face to face visit or a **Zoom**. Many members have ideas. Working as a team, you could bounce ideas around and then split the load to contact & find speakers of your choice. This is a fun activity to work on together. It's as simple as sending an email or making a phone call. Who knows what interesting people you will find here at Anglicare or elsewhere in the community. If you would be willing to share the load with another, please ring and speak to Neil Davidson. This is a wonderful way to contribute to our Village life!*

***It would be sad to see this Club activity cease in 2023.***

### AT THE CLUB ROOMS

Purchasing at the Computer Club you don't need cash although still acceptable!

**Visa or Mastercard.**

**Batteries: Sizes AAA, AA, C, D and 9v.**

**Rubber tipped Stylus pens: \$2.00**

**Use with smartphones and tablets.**

Excellent if you have difficulty sending texts on your mobile phone because fingers are challenged with arthritis or other reasons.

**Greeting Cards with envelopes \$1.00**

**Magnifiers:** (credit card size –perfect for reading details on purchases in Supermarkets.)

### Our Recent **Zoom** on **KISA PHONES**

An amazing simple-to-use Australian device! If you missed the **session**, & know of someone who has difficulty using mobile phones, please collect a pamphlet from our **Bradford Rooms**. Kisa Phones involve making/ receiving a call a single press of a button.- **approx \$300!**



### Your **PRINTER EXPERT!**

#### **BEWARE PAPER JAM!**

If you're unlucky enough to get a printer paper jam, be very careful when removing jammed paper. It's important you get ALL the paper out. If the paper tears, flatten out all the bits and make sure you have found 100% of the culprit!

**Jeff Harper**

**Unit #7 5 Hudson Ave**

**Castle Hill (same driveway as Jaycar)**

**02—9659-5366**

### VILLAGE REPRESENTATIVES

**2022**

**Mowll**

Neil Davidson (Pres. & Guest Speakers)

Trevor Arnett (Village Rep)

Elaine Barker (Village Rep)

**Warrina**

Lynton Bradford (VP & Membership)

Gwen Bradford (Membership)

Rod Roberts (Village Rep)

Clare Hamilton (Training)

Chris Keay (Village Rep)

**Nuffield**

Elizabeth Pedersen (Treasurer)

John Gaffey (Genealogy)

**Hopetoun**

June Murray (Village Rep)

Jeannette Westley (Village Rep)

**Glenhaven Green**

Jan Andrews (Village Rep)

Norm Connellan (Sec. & Public Officer)

Club Rooms

Ground Floor, Lober House, 1 Lober Drive

**Phone—9899-7551**

**Email:**

**computer.club@anglicare.org.au**

**Website: arvcc.org**

Club Rooms Open

**Tues. 9am-12pm**

**Thurs 9am-12pm**

**Please Observe Covid Rules.**

**At present members must wear a mask to enter Club Rooms and be fully vaccinated.**

**For help, please phone or email for an appointment.**

*Editor: Marilyn Davidson*

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